

LAKE SONOMA

# LS50 & 26.2

RELENTLESS

## 2022 Athlete Guide

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Photo by Howie Stern



# About Lake Sonoma 50 Mile & Marathon



Founded in 2008, the iconic Lake Sonoma 50 Miler is a community event with proceeds supporting educational opportunities for local students through the Wilson Winery Children of Vineyard Workers Scholarship Fund. New for 2022, the LS event weekend now includes a Marathon distance for folks who prefer a shorter version of the Lake Sonoma experience. Both races are held in beautiful wine country and consist of nearly 90 percent single-track trails weaving through relentless rolling hills. The course tests runners with various climbs, and traverses more than a dozen creek crossings. The race is well-known for having one of the most competitive fields in the United States according to UltraRunning magazine.

The 2022 edition of Lake Sonoma also brings a new race directing team, please welcome Gina Lucrezi and Justin Keller, the founders of Trail Sisters. They will be integrating their vision and focus on community with a tie to equity and approachability. Skip and Holly Brand and the amazing team at Healdsburg Running Company will be the event hosts, making sure your race experience is second to none! Additionally, The North Face has been named the official partner of the Lake Sonoma 50 Mile and Marathon, so you can expect great gear and the opportunity to demo TNF products.

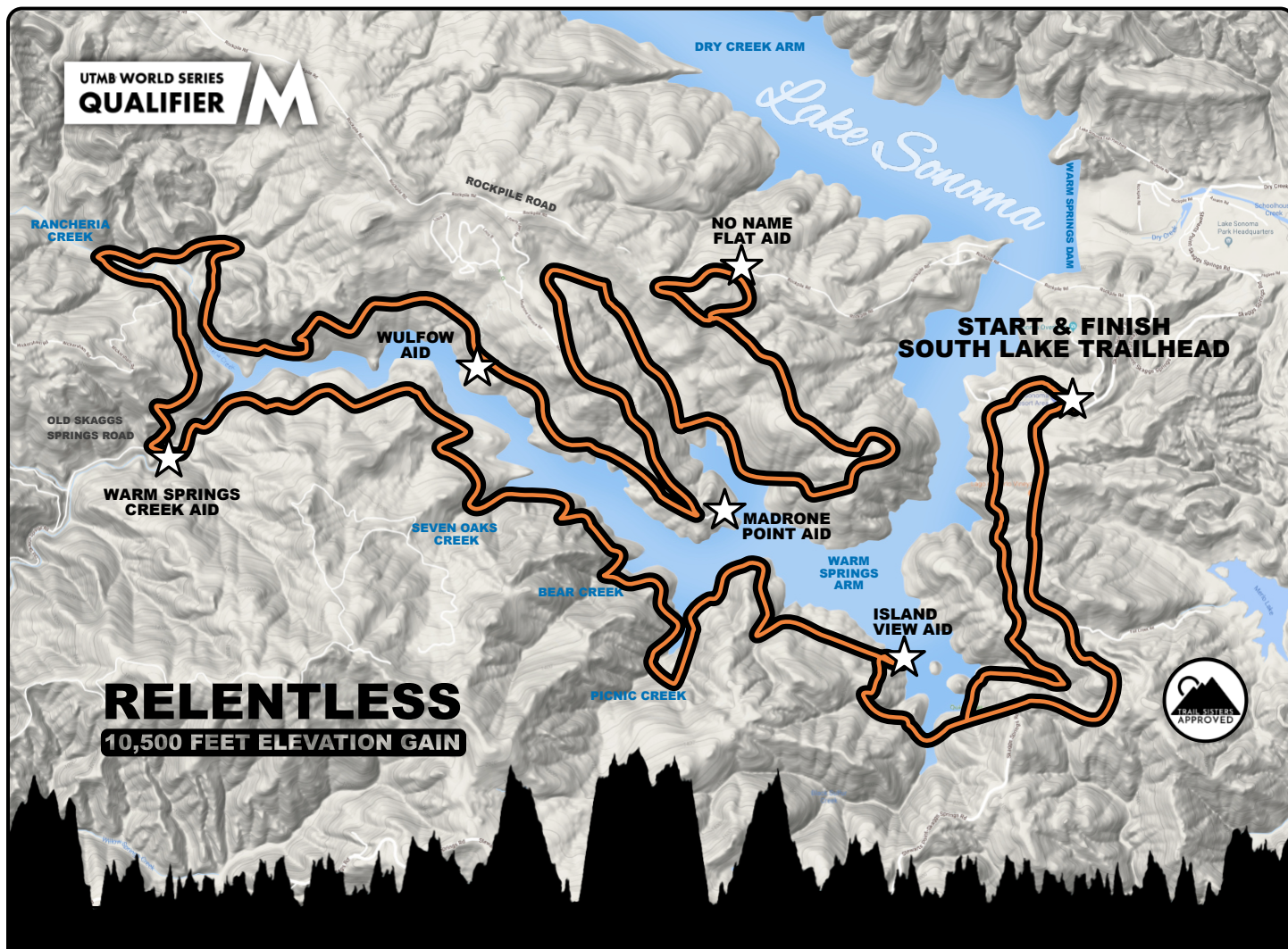
For over a decade, ultrarunners have traveled to Sonoma from over 20 countries to experience one of the globe's most popular and distinctive ultrarunning events, one that includes fun-run activities, gourmet athlete dinner, athlete panels, wine tastings, and a lively finish line celebration featuring amazing food, multiple breweries, and celebrated wine from Wilson Artisan Wineries.

***Athletes, Volunteers, Crew & Family are invited to  
Sunday's Wine Tasting and Awards Party!***

Welcome to wine country and the Lake Sonoma 50 Mile and Marathon!

# 50 Mile Course Details

**Saturday, April 9<sup>th</sup> at 6:30 AM**

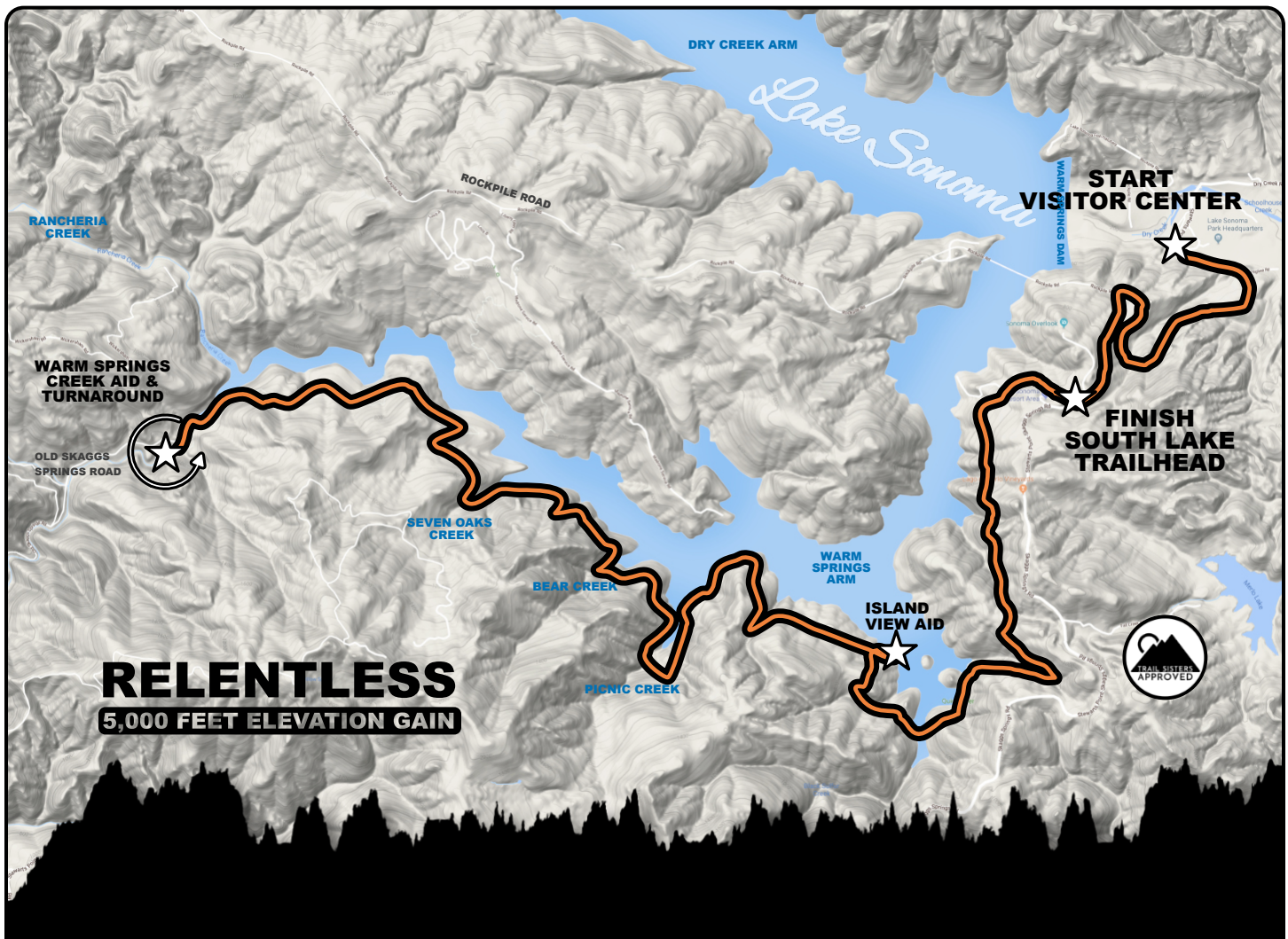


AID STATION	MILE	NEXT AID	CUT-OFF	CREW	DROP BAG
Island View	4.3	7.3		No	No
Warm Springs Creek	11.6	7.3		Yes	Yes
Wulflow	16.9	1.9		No	No
Madrone Point	18.8	6.4		Yes	No
No Name Flat	25.2	5.7	1:15pm	Yes	Yes
Madrone Point	30.9	1.9		Yes	No
Wulflow	32.8	5.3		No	No
Warm Springs Creek	38.0	7.5	4:45pm	Yes	Yes
Island View (full aid)	45.5	4.8	7:10pm	No	No
Finish	50.29		8:30pm	Yes	Yes



# Marathon Course Details

**Saturday, April 9<sup>th</sup> at 8:00 AM**



AID STATION	MILE	NEXT AID	CUT-OFF
South Lake Trailhead	2.0	4.8	
Island View	6.8	7.3	
Warm Springs Creek	14.1	7.3	
Island View	21.4	4.8	
Finish	26.2		6pm



# Schedule of Events

## **Saturday March Training Runs – Meet at the Trail Head (10+ miles) at 8 am**

1. Auburn Run with Fleet Feet Davis & Aid Station – March 5
2. San Francisco-Marin County with Trail Sisters & SFRC– March 12
3. Lake Sonoma Training Run on Course with HRC & all the Sponsors & BBQ Finish – March 19
4. East Bay EPIC Run with Trail Sisters EB & Renegade Running – March 26

Trail Work Days: Sundays Feb 27, March 13 & 27 – Meeting at the Lake Sonoma Visitor Center – 8 am

## **Thursday, April 7th – Healdsburg, CA**

- Check-In, Packet Pickup & Expo with Event Sponsors: The North Face, BUFF, GU Energy, Drymax, HydraPak, Theragun & all your ultra friends @ Healdsburg Running Company- 10 am–6 pm
- The North Face Demo Shake-Out Run from HRC, finishing @ Coyote Sonoma at 6pm. Enjoy beers and bites in a social atmosphere with event announcements - 6-8:30pm

## **Friday, April 8th – Healdsburg, CA**

- On Course Dirt Disco Pre-Run @ Lake Sonoma S. Lake Trailhead with The North Face and HRC Friends. Disco Theme fun-run, bring your favorite costume! – 8 am
- Post-Run, enjoy smoothies and donuts courtesy of The North Face, GU Energy and HydraPak, @ Healdsburg Running Company Check-In and Expo - 10am
- Check-In, Packet Pickup & Expo with Event Sponsors: The North Face, BUFF, GU Energy, Drymax, HydraPak, Theragun & all your ultra friends @ Healdsburg Running Company - 10 am–6 pm
- Pre-Race Dinner @ Wilson Winery catered by Maria Clementi from Dooryard Provisions ([purchase dinner tix in advance](#)). Skip Brand hosts Athlete Panel. Race Sponsors Raffle. – 6-8pm

## **Saturday, April 9th – Lake Sonoma Race Day 50 Miler & Marathon**

- 5:30 am LS50 Bib Pickup, Race Start - 6:30 am
- 6:30 am Marathon Bib Pickup, Race Start - 8:00 am
- HRC Aid Station at Madrone Point with Cowbells
- Post Race Finish Jams DJ Marco
- Lola's Market Monster Burritos for all Racers
- The North Face Recovery & Party Lounge with Wicked Slush & Otter Pops

## **Sunday, April 10th – Healdsburg, CA**

- Wilson Winery Tasting & Charcuterie Event @ Coyote Sonoma for All – Community Event for Runners, Family & Crew! Celebration Time! Recognizing and thanking runners, sponsors, and the Children of Vineyard Worker Scholarship. - Noon-2pm



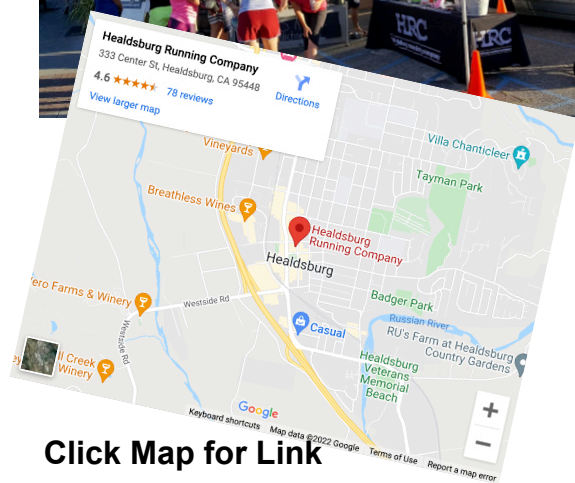
# Packet Pickup & Pre-Race Dinner

## Packet Pickup and Expo:

At Healdsburg Running Company from 10 am–6 pm both Thursday & Friday. Race Day packet pickup is available at each starting line. 5 - 6am for the 50 Mile @ South Lake Trailhead. 6:45 - 7:30 for the Marathon @ the Visitor Center parking.

### Healdsburg Running Company

[333 Center Street,  
Healdsburg, CA 95448](https://www.heidsgburgrunningcompany.com)  
(707) 395-0372

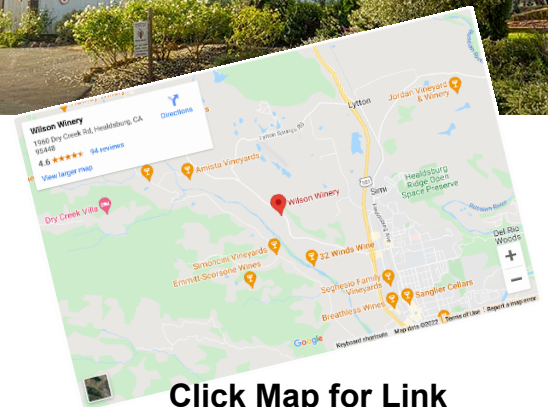
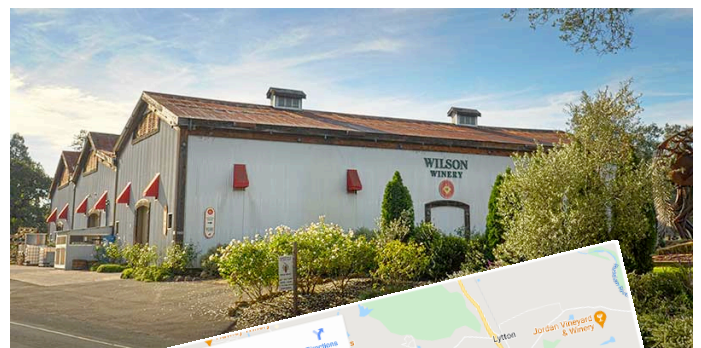


Click Map for Link

## Pre-Race Dinner:

The Pre-Race Dinner will be hosted by Wilson Winery and catered by Maria Clementi from Dooryard Provisions. Skip Brand will host an Athlete Panel Discussion. Gina Lucrezi will raffle items from our race sponsors. *Limited spots available.* Cost per meal is \$25.

[Learn More](#)



Click Map for Link



# Directions to Race

**Note: it is a good idea to get gas the day before the race as there are no gas stations near the course. Lake Sonoma is approximately a 30 minute drive from Healdsburg Running Company. Parking is limited so please carpool if possible, please respect parking attendant directions at the lake.**

## From points south.

- Take Highway 101 north to the Dry Creek Road exit in Healdsburg (65 miles north of the Golden Gate Bridge).
- Upon exiting, turn left and follow Dry Creek Road for 10 miles.
- At the end of Dry Creek Road just below the Warm Springs Dam, the road bends sharply left and becomes Stewart Point-Skaggs Springs Road.
- **Marathoners** - Park at Visitors Center
- **50 Milers** - Follow this for another 1.9 miles and turn left to continue on Stewart Point-Skaggs Springs Road (straight ahead at this point becomes Rockpile Road).
- Follow for another 0.5 miles and the South Lake Trailhead parking lot is on your right at 100 Marina Road Lot A.



## From points north. (Cloverdale)

- Take Highway 101 south to the Dutcher Creek Road exit.
- Turn right upon exiting and then immediately left onto Dutcher Creek Road and follow it for 4.1 miles to Dry Creek Road.
- Turn right on Dry Creek Road and follow it for 1.1 miles.
- At the end of Dry Creek Road just below the Warm Springs Dam, the road bends sharply left and becomes Stewart Point-Skaggs Springs Road.
- **Marathoners** - Park at Visitors Center
- **50 Milers** - Follow this for another 1.9 miles and turn left to continue on Stewart Point-Skaggs Springs Road (straight ahead at this point becomes Rockpile Road).
- Follow for another 0.5 miles and the South Lake Trailhead parking lot is on your right.





# Parking Instructions

Sonoma County Archery Range

No Name Flat Trailhead

Lake Sonoma Overlook

The Ranch At Lake Sonoma  
Lake Sonoma Resort Area

Sbragia Family Vineyards

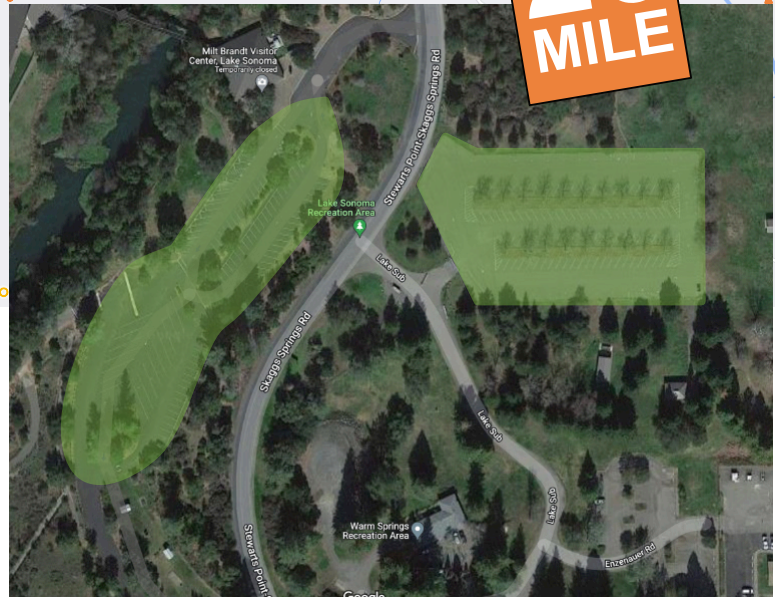
Lake Sonoma Recreation Area

Dry Creek Rd


Stewart Point Skaggs Springs Rd

Dry Creek Rd


Bella Vineyards & Wine Caves



## Marathon

- Marathon Parking and Start Line is at the Visitor Center parking area.
- ***There will be a shuttle bus from the Finish (South Lake TH) back to Marathon Parking.***
- Please hang your parking pass from rear view mirror so our volunteers can help you!
- [Find on Google](#) 

## 50 Mile

- 50 Mile Parking and Start is at "The South Lake Trailhead". *Turn onto Overlook Road, do not go to Marina!*
- Please hang your parking pass from rear view mirror so our volunteers can help you!
- [Find on Google](#) 

Thanks to our parking volunteers!

**State Farm**  
Andy Esquivel, Agent  
707-433-4207  
www.andyesquivel.com

### Race Day Packet Pickup?

Please proceed to the proper parking area for your race distance.

**50 Mile Race Day Packet Pickup is at The South Lake Trailhead.**

**Marathon Race Day Packet Pickup is at the Main Park Entrance.**

*Thursday & Friday Packet Pickup is at Healdsburg Running Company.*



# 50 Mile Aid Stations & Crew Information

## Aid Station Fare

Aid stations will be stocked with the normal ultra-fare, and our Official Nutrition Sponsor GU Energy is providing GU Energy Gels, GU Liquid Energy and GU Roctane Energy Drinks (summit tea & strawberry hibiscus).

## Island View

- Outbound → Island View Aid Station is **OPTIONAL** outbound (4.5 miles). You are not required to go down to the aid if you do not want to. It is water-only outbound.
- Inbound → Island View Aid Station is **REQUIRED** inbound (mile 45.5). **If you do not check-in at Island View Aid Station a 15 minute penalty will be added to your overall time.**

## Stay Cool

Wet your hats, arm sleeves, shirts, etc. in any of the water crossings to cool off and at the aid station with water and sponges to ensure you are cool and finish strong!

Please monitor your fluid requirements carefully and note that there are fairly long stretches between aid. If it's warm you will likely need more than one bottle in the afternoon. Every runner must carry at least one water bottle, we suggest more, as in a hydration vest with bladder.

AID STATION	MILE	NEXT AID	CUT-OFF	CREW	DROP BAG
Island View	4.3	7.3		No	No
Warm Springs Creek	11.6	7.3		Yes	Yes
Wulflow	16.9	1.9		No	No
Madrone Point	18.8	6.4		Yes	No
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Island View (full aid)	45.5	4.8	7:10pm	No	No
Finish	50.29		8:30pm	Yes	Yes

## Crew Information & Drop Bags

Drop bags will be collected race morning at the start and then transported to the No Name Flat aid station at mile 25.2 and to Warm Springs Creek, which you will pass at mile 11.6 and 38.0. Please try to limit the size of your drop bag to no larger than a small shoebox.

As we mentioned in the rules section, no pacers, but crew is allowed at Warm Springs Creek, No Name Flat, and at the top of Madrone Point aid stations. If your crew is in need of supplies during the race, the [Dry Creek General Store](#) is the closest location for food & drink.

**Crew note:** Drive time from Warm Springs to Madrone will take over 45 minutes. Please drive carefully and plan accordingly.

# 50 Mile Crew Directions

## From the Race Start to Warm Springs Creek:

Return to Stewart Point-Skaggs Springs Road. Turn right and follow it for 11 miles to the intersection of Old Skaggs Springs Road. Turn right on Old Skaggs Springs Road and follow it for 3 miles to the gate. (Note that this entire 14 miles is on a very scenic country road that twists and turns. If you are prone to car sickness this might possibly be an issue.) Park here and walk a half-mile further down the road to the aid station.

[Google Map of the Route.](#)

## From Warm Springs Creek to Liberty Glen (Madrone Point):

Return up Old Skaggs Springs Road for 3 miles to the stop sign. Turn left onto Stewart Point-Skaggs Springs Road and follow it for 11.5 miles to the stop sign at Rockpile Road. Turn left and follow Rockpile Road for 3.2 miles to the Liberty Glen Campground Road. Turn left and follow this for 0.5 miles.

After the entrance station, turn left and follow the road to the Group Campground E. Park here and walk about 200 yards up the service road to the top of the hill where the course comes in. The Madrone Point aid station is another mile down the service road — the road is closed to vehicles and we ask that you **crew your runner from the top of the hill on Madrone Service Road (NOT AT THE AID STATION)**. Allow 45 minutes to drive here from Warm Springs Creek.

[Google Map of the Route.](#)

## Liberty Glen to No Name Flat:

Return to your car, and drive back up the hill to Rockpile Road. Turn right and follow Rockpile Road for a little over a mile back to the well-signed No Name Flat trailhead parking area on your right. Parking is limited at No Name Flat, please proceed 1/4 mile to Gray Pine, park there and walk back to No Name Flat.

[Google Map of the Route.](#)

**Reminders:** Cell Service is very limited, familiarize yourself with the routes ahead of time. No Crew Access at Island View or Wulfow Aid Stations.





# Marathon Course

## Aid Station Fare

Aid stations will be stocked with the normal race-fare, and our sponsor GU is providing GU Energy Gels, GU Liquid Energy and GU Roctane Energy Drinks (summit tea & strawberry hibiscus).

## Traffic on Road

The Start of the Marathon is 2.4 miles on a country road with traffic, so please be careful and yield for automobiles.

## Marathon Course Spectating

Friends and family of marathon runners may spectate at Warm Springs Creek Aid Station. Marathon runners should NOT be “Crewed”, just lots of cheering & cowbells! (see driving instructions on previous page)

## Island View

- Outbound → Island View Aid Station is **OPTIONAL** outbound (6.8 miles). You are not required to go down to the aid if you do not want to. It is water-only outbound.
- Inbound → Island View Aid Station is **REQUIRED** inbound (mile 21.4). **If you do not check-in at Island View Aid Station a 15 minute pentalty will be added to your overall time.**

## Stay Cool

Wet your hats, arm sleeves, shirts, etc. in any of the water crossings to cool off and at the aid station with water and sponges to ensure you are cool and finish strong!

Please monitor your fluid requirements carefully and note that there are fairly long stretches between aid. If it's warm you will likely need more than one bottle in the afternoon. Every runner must carry at least one water bottle, we suggest more, as in a hydration vest with bladder.

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Finish	26.2		6pm



# FINISH & POST RACE



## Get ready to relax and celebrate your finish!

Both the 50 Mile and Marathon will finish at the South Lake Trailhead. There will be lots of cheering, music, high-fives, and post-race grub awaiting your finish! Not to mention some excellent libations to quench your thirst!

Finish line facilities are limited. There will be porta-potties and we will provide a large tent for shelter. There is no running water, so if you want to clean up after the race, we suggest you bring a solar shower and leave it on top of your car, or better yet, pop on down to the marina for a dip in the lake.

Stan Jensen and Jim Richards will be your finish line hosts, making sure you're well taken care of. Be sure to say hello and thank these two....they've been the finish line hosts since 2008!

Lola's Market will be providing all runners with their famous monster burritos (choice of veggie or chicken, and all are gluten free), and we will have a range of local craft brews from Barrel Brothers Brewing Company, Anderson Valley Brewing Company and Bear Republic Brewing Company, not to mention the HRC crew's favorite post-race hydration, Pabst Blue Ribbon, straight from the can.

Finishers will receive a bottle of wine from Wilson Winery! There will be a choice of the 2018 Mendocino Chardonnay or 2019 Sonoma County Zinfandel. You must finish your race to receive a bottle of wine. \*We will not ship wine. You must pick it up at the finish on Saturday the 9th.

Ready to relax after the dust settles? On Sunday from noon to 2pm, join us at Coyote Sonoma for Wilson Winery Tasting & Charcuterie! This is a community event for runners, family & crew! A time to recognize and celebrate runners, sponsors, and the Children of Vineyard Worker Scholarship.





# Rules & Responsibilities

1. **NO LITTERING.** Zero, zip, nada. Carry it in, carry it out. Leave no trace. Period.
2. **BE NICE.** Be nice to each other, be nice to the volunteers, be nice to other trail users.
3. **HAVE FUN!**
4. Violation of rules 1 and 2 will get you disqualified. If you are observed violating rule 3 (i.e., not having fun) we may withhold your post-race beer.

## More Rules:

- **Littering is strictly prohibited.** This includes organic waste, i.e. banana peels and toilet paper. Littering is grounds for disqualification. Use the Terracycle Bins!
- Pacers are not allowed due to the difficulty of providing adequate aid. C'mon, you can run 50 miles without a pacer!
- This is a closed course. Runners must follow the course as marked in the direction of the race. Deviating from the course results in disqualification.
- Trekking poles are not allowed. (except under special circumstances).
- Music with headphones is allowed. (Please no live speakers – don't be that guy).



## Anti-doping policy

The Lake Sonoma Race Series has a zero-tolerance policy regarding the use of performance enhancing drugs (PEDs). Any athlete who has been determined to have violated anti-doping rules or policies, whether enforced by the IAAF, the World Anti-Doping Agency (WADA), U.S. Anti-Doping Agency (USADA), or any other national sports federation is ineligible for entry into the Lake Sonoma Race Series.

The Lake Sonoma Race Series reserves the right to conduct pre- and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from the Lake Sonoma Race Series.

## Medical

Bells Ambulance medical team will be stationed at the start/finish line. First-aid and simple medical assistance will be available at No Name Flat aid station and at Madrone Point aid station.

In the event of more serious medical events, medical officials will have communication via the HAM operators, as there is very limited cellular service on the course.

# History & Records

## Course Records:

7:08:23, Stephanie Howe Violet, 31 (2015)

5:51:16, Jim Walmsley, 27 (2018)

## LS50 History

Year	Starters	Finishers	Percent
2008	96	75	78
2009	126	112	88
2010	155	144	93
2011	Flooded		
2012	245	227	93
2013	311	266	86
2014	330	301	91
2015	310	276	89
2016	323	304	94
2017	354	300	85
2018	338	292	86
2019	346	281	81
2020	Cancelled (covid)		
2021 (Sept.)	160	100	62



Course Record: Stephanie Howe Violet.



Course Record: Jim Walmsley.

## Winners:

2008: Clare Abram, 9:44:13 & Dan Barger, 8:24:31  
2009: Suzanna Bon, 8:43:30 & Jon Olsen, 7:30:58  
2010: Devon Crosby-Helms, 8:26:53 & Hal Koerner, 7:08:20  
2012: Joelle Vaught, 7:52:44 & Dakota Jones, 6:17:27  
2013: Cassie Scallon, 7:47:42 & Sage Canaday, 6:14:55  
2014: Emily Harrison, 7:26:15 & Zach Miller, 6:11:10  
2015: Stephanie Howe Violet, 7:08:23 & Alex Varner, 6:09:39  
2016: YiOu Wang, 7:14:45 & Jim Walmsley, 6:00:52  
2017: YiOu Wang, 7:22:34 & Sage Canaday, 6:17:55  
2018: Keely Henninger, 7:13:55 & Jim Walmsley, 5:51:16  
2019: Anna Mae Flynn, 7:25:15 & Jared Hazen, 6:08:29  
2021: Keely Henninger, 7:40:20 & Mario Mendoza, 7:10:13

## Age Group Records:

40-49: Magdalena Boulet, 2017, 7:32:59 & Dave Mackey, 2013, 6:40:46  
50-59: Meghan Arbogast, 2015, 8:09:26 & Dan Barger, 2016, 8:08:29  
60-69: Diana Fitzpatrick, 2018, 9:56:48 & Mark Richtman, 2015, 7:52:50  
70+: Gunhild Swanson, 2016, 12:18:21 & Hans Schmid, 2013, 11:25:32

**Oldest runner:** Hans Schmid, 78 (2018)

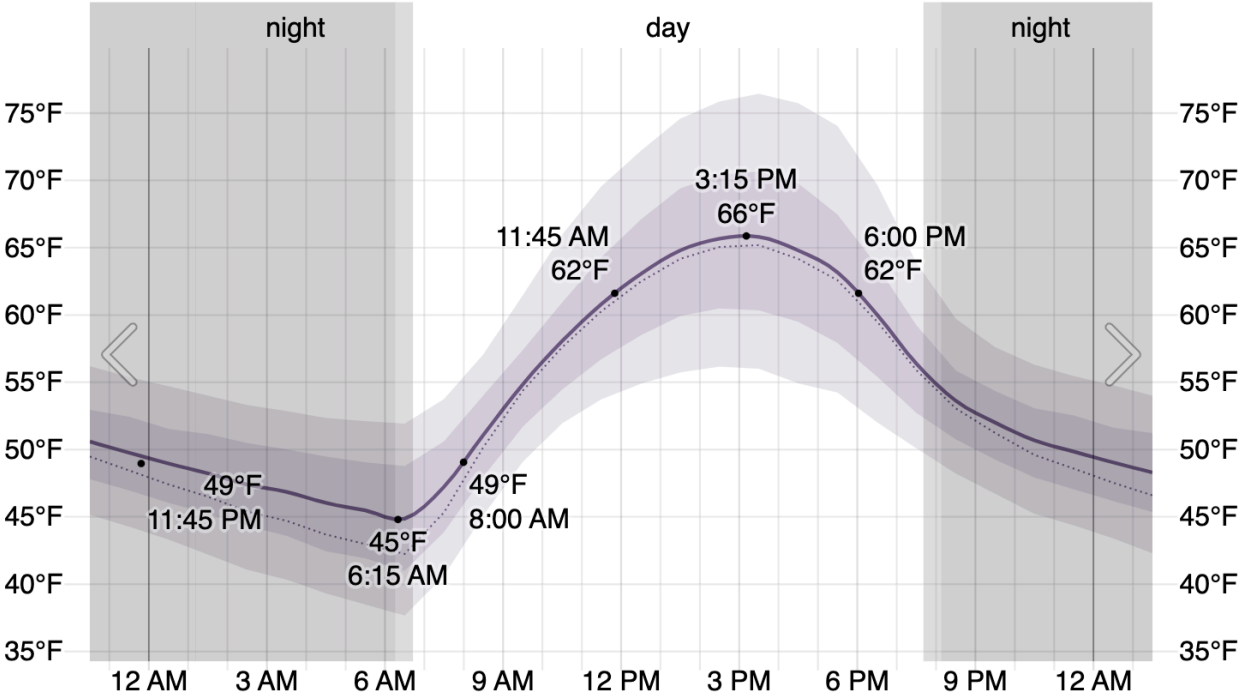
**Youngest runner:** Luke Sanchez, 15 (2019)



# Weather

## Average Temperature on April 9 in Sonoma

← Apr   [Link](#)   [Download](#)   [Compare](#)   Averages: J F M **Apr** M J J A S O N D  
History: 2021 2020 2019 2018 2017



The hourly average temperature (purple line), with 25th to 75th and 10th to 90th percentile bands.  
The thin dotted line is the hourly average perceived temperature. Civil twilight and night are indicated by shaded overlays.

# Race Partners & Sponsors

